



GRILLED SUNCHOKE

WITH HONEY-FERMENTED POMEGRANATE SEEDS



SERVES

6



METHOD

GRILLING



MINUTES

90+



DIFFICULTY

4/10

INGREDIENTS

Honey-fermented pomegranate seeds

1 pomegranate, carefully seeded
2 sprigs of thyme
1 bay leaf
10 black peppercorns
1 cup raw honey

Kamut

1/2 cup kamut berries
1 cup water

1 bay leaf
1 teaspoon kosher salt
Ground black pepper to taste
1 tablespoon Extra Virgin Olive Oil

Grilled lemon vinaigrette

2 Meyer lemons
1 tablespoon apple cider vinegar
1 tablespoon shallot, minced
1 teaspoon cumin seed, crushed
1 tablespoon marjoram leaves
1 tablespoon Meyer lemon, zested
1 teaspoon ground black pepper

1 teaspoon fine sea salt
4 ounces Extra Virgin Olive Oil
2 ounces black walnut oil

Sunchokes

6 sunchokes
1 tablespoon Extra Virgin Olive Oil
1 tablespoon sel gris
2 tablespoons grilled lemon vinaigrette
1/2 Meyer lemon
6 blackberries
Fresh herbs and blossoms

In a sterilized Mason jar, combine pomegranate seeds with thyme, bay leaf and black peppercorns. Pour the honey over the seeds to cover. *Close and store in a cool dark place for the week, tasting daily.*

Soak the kamut berries overnight in water.

Prepare a hot grill. Cut Meyer lemons in half and lightly brush with olive oil. Grill cut side down until nicely caramelized. Remove from the grill and allow to cool. Juice the lemon halves. Maintain the hot grill for the sunchokes. In a non-reactive bowl, whisk together 4 tbsp of lemon juice and all other ingredients. Cover the bowl and allow the shallots to macerate.

Drain and rinse the kamut, then add to a pot with water and bay leaf. Bring to a boil over medium to high heat. Reduce heat to a simmer for 50 minutes, add the salt and pepper halfway through cooking. Drain the kamut, toss with olive oil.

Pierce sunchokes with a paring knife to prevent them from bursting. Lightly oil the grill and place the sunchokes directly over the fire, turning equally and charring on all sides until the tubers are completely cooked through.

When the sunchokes are cool, slice and lightly squeeze to open them up. Season with salt and a teaspoon of the vinaigrette. Finish with a squeeze of fresh lemon and reserve warm while plating.

To serve, toss 6 tablespoons of kamut with 1/4 cup of fermented pomegranate seeds, three blackberries and 3 tablespoons of the vinaigrette. Taste for seasoning and divide onto six plates. Garnish with herbs and blossoms.

GOAN PRAWN CURRY

2017 RES FORTES VIN BLANC
CÔTES-DU-ROUSSILLON, FRANCE



SERVES
4



METHOD
STOVETOP



MINUTES
35



DIFFICULTY
2/10

INGREDIENTS

12 large shell-on raw prawns
1/2 teaspoon ground turmeric
2 tablespoons extra virgin olive oil
1 green bird's-eye chilli, slit lengthwise
10-12 curry leaves
14 ounces coconut milk
Pinch of caster sugar
3 tablespoons tamarind paste
1 tablespoon coriander leaves, chopped

Paste
1/2 onion, roughly chopped
Large bunch of coriander, leaves and stems chopped
5 cloves of garlic, roughly chopped
Thumb-sized piece of ginger, roughly chopped
1 green bird's-eye chilli

Put the prawns, turmeric and a pinch of salt into a bowl and toss well.

Put the paste ingredients and 2½ ounces of water into a blender or food processor and whizz to a smooth paste.

Heat the oil in a large, lidded, heavy-bottomed pan over a low heat. Add the green chilli and curry leaves, and, as they begin to sizzle, add the paste and fry for 3 minutes. Add the prawns, stir well and fry for 1 minute. Add 100ml of water, season and cook with a lid on for 2 minutes. Add the coconut milk, sugar and tamarind paste. Stir well and simmer for 4-5 minutes or until the curry has thickened slightly and the prawns are cooked through. Scatter over the coriander and serve with rice, if you like.





COQ AU VIN



SERVES

6



METHOD

OVEN / STOVETOP



MINUTES

100



DIFFICULTY

4/10

INGREDIENTS

5 lb chicken, rinsed, patted dry, cut into 6 large pieces
2 medium carrots, cut into chunks
2 medium white onions, chopped
1 stalk celery, chopped
1 medium tomato, chopped
2 cloves garlic, crushed
1/2 teaspoon dried thyme
1 bay leaf
2 tablespoons fresh parsley, chopped
1/2 teaspoon ground black pepper
5 cups dry red wine
1/4 cup Cognac
1/4 extra virgin olive oil
1 teaspoon salt
2 teaspoons sugar
8 ounces pearl onions
8 ounces mushrooms, cleaned and thinly sliced
6 ounces bacon, chopped
2 tablespoons butter, softened

Place the chicken in a large, deep casserole dish. Layer the carrots, onion, celery, tomato, garlic, thyme, bay leaf, parsley, and pepper evenly over the chicken pieces.

In a small bowl, mix together the red wine, Cognac, and oil. Drizzle the wine mixture over the vegetables and chicken, and then marinate the mixture overnight.

Preheat the oven to 425°F. Melt 3 tablespoons of butter in a large skillet over medium-high heat. Remove each piece of the chicken from the marinade, reserving the liquid, and brown them on each side. Set aside the chicken, scoop the vegetables out of the marinade, and cook them in the skillet for 5 minutes, until they begin to get tender.

Arrange the chicken in a deep, glass casserole dish, layer the vegetables over the chicken, and pour the reserved liquid over the casserole. Sprinkle the salt and sugar over the mixture, cover, and bake it in the preheated oven for 20 minutes.

While the chicken is baking, fry the bacon in the skillet until it is crispy and set it aside to drain. Pour off all but approximately 2 tablespoons of the bacon grease and sauté the mushrooms and onions over low-medium heat for 6-8 minutes, until they turn tender.

When the chicken has cooked for 20 minutes, remove it from the oven and add the bacon, mushrooms, and onions. Cover and return the casserole to the oven for 20 minutes.

Mix together the 2 tablespoons softened butter and the all-purpose flour until they form a smooth paste. Add the butter-flour mixture, or beurre manie, to the chicken and vegetables for the last 5 minutes of cooking.

Remove the casserole from the oven and stir the beurre manie throughout the dish. Allow it to sit and thicken for a few minutes before serving.

BURRATA CAPRESE SALAD

2018 FATTORIA LA RIVOLTA CODA DI VOLPE, TABURNO SANNIO DOP
CAMPANIA, ITALY



SERVES

4



METHOD

N/A



MINUTES

10



DIFFICULTY

1/10

INGREDIENTS

3-4 heirloom tomatoes
1 ball burrata cheese (7 ounces)
Fresh basil
Fresh cracked black pepper

Dressing

4 tablespoons extra virgin olive oil
3 tablespoons balsamic vinegar, or to taste
Pinch of salt

Carefully place the cheese in the center of a bowl or plate. Take care not to tear its delicate skin.

Slice the tomatoes into fat wedges and arrange around the cheese. Add the basil leaves.

Whisk the dressing together and drizzle over the tomatoes. Season with black pepper.

To serve, slice into the burrata to allow the insides to ooze out a little bit.

Heirlooms are tomatoes grown from seeds passed down from many generations. They are 'open pollinated'—meaning they're naturally pollinated in the open air. They are tomato varieties that have stood the test of time and have not been commercially bred...

